

pt.10 - The Spiritual Exercise - Lunges

Sermon Title: **pt.10 - The Spiritual Exercise - Lunges**

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Speaker: **Nathaniel Bronner**

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Nathaniel Bronner: You have a choice of what you do to determine how your health is going to be.

Female: You are listening to brothersoftheword.com. This is Part 10 of the series titled, "The Spiritual Exercises - Lunges," by Nathaniel Bronner. This sermon is number 5855.

(Music Playing: 00:00:18 - 00:00:30)

And now for "The Spiritual Exercises Part 10: Lunges."

Nathaniel Bronner: Welcome to Brothers of the Word because brother, you need the Word.

And today, I am actually getting to the tenth and the final message in the series called "Spiritual Exercise." As its foundation, 1 Timothy verse 4:8, we've heard this so many times before, but the New Living translation reads, "Physical training is good." Now, we've heard the King James Version, which simply says, "Bodily exercise profiteth little." But physical training is good; but training for godliness is much better, promising benefits in this life and in the life to come. So, I understand why the Bible says "bodily exercise profiteth little" because these bodies, they just don't last long, even at the maximum length of 120 years, that's just a flash in the pan.

Time goes by so fast, and our main focus needs to be eternity. So, compare to this brief time that we have in these decaying, fleshly vessels; we need to make sure we have our spirits right, because that goes on into eternity. So that's the whole point of that. He said bodily exercise didn't profit much, but it profits something. It's just like money didn't profit much, you won't take that with you either, but it's worth something.

So, while we are here in this physical flesh, it makes a huge difference in how we flow through this life, how this vessel operates, it really, really does. And the whole purpose of the series is to help take some of us to another level of health. And sometimes, I don't even understand why God will have me preaching a particular message or a series, but I got more revelation on this because I'm starting as of the next season. Actually, this month, I'm starting to alter my work program, and I'm starting to travel more.

So, I'm altering some things and often when you travel, you don't have gym facilities nearby. I need these, myself! So even if I'm in a hotel room, all ten of these exercises can be done, literally without equipment. You don't have to have a gym. You don't have to go anywhere. You can do this and you can still keep your body in excellent shape. And God says it's going to be for you and there are three other people who would heed and do. Now, I don't know who the three are, that basic are going to be three kinds of people. There's one kind, you're already doing, you don't need anything else, you're doing what you need to do to keep your body in shape, and that's going to be the three, there's a He, there's going to be the other third, (00:03:24).

I understand what the pastor said, and sometimes it's just -- I have heard some stuff before and I knew it's good stuff. You all say it's good stuff. I've known it was good stuff and I just said, "I just ain't doing that. I know it's good, I know I maybe should do, but I'm just not going to do that." And there have been some things in life that you just hear, you recognize that it's good, but you're just not going to make any changes, you're just not going to do that. And sometimes I just said, "That's just not me. It may be good, but that's just not me. I don't want to do that. It may take me up, but I just don't want to go there." So, at sometimes, it's like that and that's not an issue.

So, God says, in particular, there are going to be three people, and I know there have been many more than three who have come to me after certain messages and said, "Pastor, that was exactly what I needed to hear. It was that thing that I was wondering about." But there are going to be three people and you're going to hear these ten things, and it's going to make a change in your life. You're going to start doing them, only three, that's what he said, only three. Because it may be more than three who start, but it's not a matter who starts.

See, that's what eternity -- like the race is not to do, you know-- yeah, you got to endure this thing to the end. So, we're coming up even on our new season, on our new year, gyms are going to be packed in January. You have a whole lot of folks starting out. They're going to just start, "Woo, I'm going to do this thing. I'm going to do this thing. I'm going in here five times a week. I'm going to do this thing!" You get to February, "Pfft." So, you have to endure to the end, you have to stick with it. You have to

stay with it because even though these bodies are going to go to dust, it's all we got right now.

00:05:03

And it makes a difference when these bodies feel good. When you got to deal with pain, and there's not just the pain, you deal with decreased performance. You deal with lack of energy; you deal with your mind not being as clear. You deal with all kind of things that just make a difference. If you feel good, there's nothing that quite matches feeling good, it really isn't. So, I want everybody under the sound of my voice to be feeling good, to be moving good, to be looking good. It just makes a difference when you have energy and you have vibrancy in your body.

So today, what I'm going to do is go over the tenth exercise, but I'm also going to do just a recap of the first nine. So, for anyone who's missed the series, you get everything in terms of what you need to do. Now, I won't be able to go to the spiritual correlation with each one of the exercises, but I will be able to do the exercise, because-- do you know, when we have a healing service, when you got a real big healer, you know folks show up from some of everywhere? And I have gone to healing services trying to see a miracle and it'd be hard to get that miraculous healing, I'm just going to be in it, I've always been honest with you about that. I don't say to you and (00:06:12).

It's hard to get that miraculous healing. It was hard to get it in the Bible. Some folks had to lay up the pool 38 years, 14 years of issues. When you got a miraculous healing, you are going through a whole lot of stuff. You'll spend a whole lot of years in the pain and the agony of dealing with this stuff. Some things, you cannot avoid.

I am re-listening to the book now, called "Younger Next Year" which is a whole series by a doctor who talks about, when you hit 50 years old, you can start becoming younger, and you can be younger at 60, and 70, and you could be at 80 in better shape and in better health than most people are at 50. The book is called "Younger Next Year", it's an excellent, excellent book.

But the thing about it, he mentions and he talks about how, when a person is 50 years plus, 70% of the illness that they have and they go through, they don't the experience. Now some

things, you just can't avoid. There are some things that are genetic. But anytime you hear somebody using the "genetic" excuse, it's just that. Genetics account for about 20% of your health profile, 80% of it is lifestyle. There are some things you just can't avoid. Some people are just born with some stuff, and you have tendencies, there's absolutely no question. There are tendencies, but almost all of those tendencies are influenced or controlled by what you do in life. So, you have a choice of what you do to determine how your health is going to be.

And it's not good to be sitting there at the doctor's office, waiting on a test. There can be some of the scariest stuff in the world, and even the tests are rough. You know, some of the tests that they give you, some folks just die from the test. They really do! Generally, before they'll give you a test, they'll give you this form to fill out, that's basically a release of liability. If something goes wrong with your tests, and you're going to read about it, the test can result in this, and it can result in fatality, it means you can die from the test itself. And I'm not saying for you not to get the test, but I'm simply saying this, if you keep your body in great shape, you don't need to test. And it just is a whole lot better on your mind and your spirit, when you can wake up every morning with energy and you feel great.

That's what these ten exercises are really about and it's where God wants to take all of us. So, it's worth it for the three, it's worth it for me. And for those three who are going to heed and really stick with this, is going to make a difference in your life. Now, I'm going to demonstrate, each one of the ten. And I may have to pause a minute, because number one, if you're doing them right, you know, you'll get a little out of breath. You sure do. This is exercise. But, the tenth spiritual exercise, I've gone over the nine, but I want to give you the tenth one to start.

The tenth one is actually called "lunges." Now, if you've ever gone to a gym, if you've gone to a workout class, lunges are pretty classic. And basically, I started to ask my brothers to come and just demonstrate and I just talked. But they weren't prepared for it, and they haven't stretched, and see, that's one of the things about age. Age makes a difference, it really does. When I was young, stretches, what was that? Warming up? What was it? You didn't need to worry about warming up and stretching and all. I can hop up from under 250 pounds; just

pump it up, no problem. I didn't have to worry about any of that kind of stretching and warming up, that were for wimps.

But now? The older you get, it's like a car that's got mileage on. I know, C. Elijah had a Lexus, it had about 350,000 miles. It ran just as smooth. It doesn't mean that just because your vehicle has a lot of miles on it, it did work, but you got to take better care of a car with 300,000 miles than one with 30,000 miles. So, you got to stretch with somebody's test. So even before I do this, let me go through the stretching processes first because that does make a difference.

00:10:05

So, number one was called stretching when God stretches you. So, there are basically seven basic stretches that you go through from top to bottom and it stretches virtually to all the major muscle groups in the body. You start with number one, the neck stretch, and this will often relieve a lot of stiff pressure. You know, so many of us, because there's so much tension and stress in the world, we carry a lot of this tension in our upper shoulders and right in our neck. You know, we really have issues with tension and you go home and you'll call a crook in your neck and all the stuff if you stretch your neck, it really helps to relieve a lot of tension.

So, number one, there are seven basic stretches, you take your ear and you move it to your shoulder here and you take your other arm this opposite that and you point it down. So, you just take your ear over to your shoulder like this. Hold it a few seconds as you stretch it, then you take your other ear to the other shoulder. Take your other arm and point it straight down and this is the way you just stretch. So, you to do this a few times and it stretches your neck.

Now, sometimes I close my eyes when I'm lifting or working out and doing something because I don't need to see anything. I just focus on what I'm doing. I like looking at you all, but I just have a habit when I'm working out, I close my eyes. I just focus on exactly what I'm doing because nothing around me makes me any different about what I'm doing. So, that's stretch number one.

The second one is a shoulder stretch and with that, you simply just put your hands behind your back and you push your hand down and you push your chest out like this. And it stretches your shoulders, your upper part of your chest, then you hold all of this 15 to 30 second. I won't be holding it with the full length. But this is what you do, so now you got your neck stretched and now you got your shoulder and your chest stretched.

Third one that you do is called the shoulder rotate. With this, all you do is rotate your shoulders backwards, you go up as high as you can go with a deep shoulder rotation and then you reverse it, and this gets your shoulders. Pastor James, he told me the other, he had just pulled his shoulder out of whack because he been out of town in China for two weeks and he went back and he lifted something really heavy without stretching. He said, "Man, I can't do that anymore." So, this will help you to keep you from pulling something. So, you want to make sure that you stretch before that.

The third one is a spinal twist. Now, you can stand or sit with the spinal twist. And with these exercises, you always have to be careful to really, I guess keep in mind what your physical capabilities are because I don't want anybody popping or busting something because they tried to do too much. So, with the spinal twist is simply this, you look all the way around as far as you can look at this helps to keep your spine. 40% of Americans have lower back pain. So, if you keep your spine limber, two things you need to do to prevent lower back pain. Number one, stay well hydrated. Lack of water causes lower back pain and stiffness. So, as you get old, you just get stiffer, that's just all it is too it. Stuff just gets stiffer. Well almost everything gets stiffer.

So, as you get older, some of it go the other way. So, men know what I'm talking about. But as you get older, so you do this and you turn all the way around and see, that exercise helps that area. Let me tell you this, if you see a man walk up a flight of stairs and he get to the top of those step and (00:13:29) trust me, he ain't going to be much good at night. And that's just the reality of it because all of that stuff is cardiovascular, its blood supply, it's corelated. So, if he can walk up a flight of the steps, where that he's almost fallen out, I can guarantee you, he's not going to be much using any other area. So, this stuff makes a difference in all of the areas of your life. So, with the spinal

twist, you're twisting all the way around here and here and this will help loosen up and keep your spine.

They you have number 5, it's the quadriceps. So, the quadriceps, basically what you're going to do is stand and you're going to stretch here. Stand and you stretch here. Now you hold it and you can hold onto something if that helps because you have to have a real good balance and you can put it back like that. So that's a lot ease because I don't want anybody falling. So, you hold on, pull it back, stretch your quadriceps like that.

The next one is the hamstring stretch which is basically a toe touch. You just stand, touch your toes and you can touch your toes, or touch the floor with your fingertips. As you loosen up, you go all down to touch the palms to the floor. This will help your spine and it helps loosen all of the back of your legs.

The final one, is just calf raise. Calf raise is usually best to stand on a step and just do it this way. So, those are your steps to stretching. Now, you do this each one 20 to 30 seconds, so you actually have to take a lot more time to do this and the stiffer you are, the more time you need to spend stretching just as simple as that.

00:15:14

Exercise number two, jumping jacks. And this is from the message entitled "Jump for Joy." The spiritual part about it, is you keep your joy up, that's one of the best things that you can do for your health. But right now, today, we're primarily just focusing on just the exercise itself. So, you want to be able to do jumping jacks. All of you know how to do jumping jacks, you've done them in school. Every elementary school had jumping jacks, every military program, every civilian police force, all of them heavily incorporate jumping jacks.

Jumping jacks is nothing but this and this is what you do, and if you do 500 of these a day, that's all you need to do. It really does get you in real good shape and even by the time you just do a minute of jumping jacks, it's a whole-body exercise. And you can do jumping jacks anywhere. All you need is flat surface. You don't have to worry about in cold or rain, you don't have to have any special shoes, you can do this in your pajamas, you can

do it naked, you can do it in your shirts or clothes. So, it didn't matter how you are dressed.

The third one is the wall sit. Now the wall sit basically -- I don't really have a wall up here in the pulpit. But the wall sit is simply you just sit with your back against the wall and your legs parallel and you hold that. Someone told me that after service, the number one exercise of strippers. None of you are strippers, but some of you do some stripping. And see, this actually, that's one of the things about keeping your body in shape because people assume, as you get older, your romantic life with your husband or your wife disappears, it didn't have to be. In most cases it does but it doesn't have to be. You can remain fully active up until your 80s and up until your 90s.

I gave the example of Suzanne's father who is 84 years old, he got married, his wife is 40 years younger than he is, and he had a problem in the bedroom that she couldn't handle him. So, I thought as a man I want to come down to where you live and I want him just pray over me. I will be honest. I'm going to be honest about that because, see I just don't plan on being around him with a cane and just see, I just don't. I want everything working. So, I thought I want to go now -- I said, "I want to come down because I want you just lay hands because I don't know anybody 84 male who's that active." I know a lot of men 50 and 60 who shut. So, if you keep your body in good shape, nothing is prohibited from you and you don't have to be like what you see in everybody else. You don't have to be like that, you can be like Moses who's 120 and he says his vision was not dim nor his strength abated. So, when God is with you, and you're doing what he has sent for you to do, it often will preserve your body to a whole new level. So, the wall sit, you do need a wall to that and that was exercise number three.

Exercise number four, the old standard, this is another one of those, almost total body exercises, but it really exercises from the waist up, that's the push up. So, all of you know what a push up is. I usually like to do mine on my fingertips, that helps keep your finger strong. You just go down up, down up, down up, down up, down up. You do as many all you want to do. Well, maybe not as many you want to do, you do as many as you can do. Push up, you do 500 of those a day, that's all you need to do. And if you do 500 of them a day, that's all you need to do.

Now you could alternate different days, but you do 500 pushups, that's all you need to do that day.

Exercise number five is the plank. And it was from the message "Hold steady." The plank, you basically get down on your forearms and you hold just like this where the body is purely straight and you just hold it like this until you start shaking and you have come down. A good plank is about 90 seconds, you're in good shape. Pastor James said after I preacher today here to go home, you see, he planks 90 seconds and he say he could. So, give him hand for that. He got seven children. You got to stay in shape with that kind of stuff.

00:20:10

Exercise number six is simply run in place. Now you all know how to do that, you just run without moving, you run in place. Now, running is an exercise that I really do either on the treadmill or outside. I've been a runner from high school. It helps to keep you in real good shape and I told you when I spoke on the message called the "Pastors struggle" that the only real physical issue I have is I have a time control of my blood pressure. When I was younger and I would run, always kept my pressure in control. As I got older, it became harder and harder to control and I recently figured out how to keep it below normal, it's running, but it's high speed running.

There are basically four types of exercise, even the book "Younger Next Year" goes into detail about these types of exercise. You need cardio, that's regular jogging. You need strength training, that's weight lifting or that can be something like pushups or whatever you need. Flexibility training, that's your stretching. And you need what's called anaerobic exercise. Anaerobic exercise is exercise that you can only maintain for a short period of time, that's why the difference between sprinting versus jogging. I jog for two hours. I can only sprint about a minute. So, it's a difference between that, but I found, when I do the anaerobic exercise, when I run really, really fast, takes your heart rate way up, it keeps my blood pressure under controlled for two or three days. So, all I have to do is do my running and that's why God told me, work out six days a week, you'll never be sick.

So, I do three days of strength training and then I do three days of cardio. But in the cardio, is anaerobic. So, I will jog, but then I will sprint. And when sprint, you're all out of breath. You got to be really careful with this. You cannot sprint if you're not in good shape because it takes your heart rate way up and if it takes your heart rate way up and you're not used to that, it can stop your heart. So, you always need to make sure, don't ever start out with anything, number one if you're under any kind of doctor's care. You get your doctor's permission before you start any kind of exercise program. That's the standard rule except walking. Walking, you're not going to have any problem with that. But the anaerobic exercise, where you're going to do something, is going to have you breathing hard, sweating hard, where you can't hardly catch your breath, you do need to make sure that your body can handle that kind of stress.

And later I was talking with someone who had a lot of medical knowledge. Cardiologist will often suggest that, take your heart rate way up and it brings your blood pressure under controlled and holds it there. So, I found that out that, got that under control. So, you figure out some stuff. Because one thing, if God has said I am going live to be 116, because I know I can't make it to 116 and high blood pressure, I got to keep this uncontrolled. So, I want to keep my pressure at 110/70, that's really my goal, not 120/80. The ideal pressure is 110/70 and that's what I'm targeting that that's what I wanted to do because I don't want to just make 116, I want to make it just like it was prophesized, "You shall live fully and vibrant into the last 10 seconds." I want to be in great shape at 116 and just looking, "Whoa, whoa, whoa, and gone." That's what I want to do. But in order to do that, you have got to be on a serious program.

Exercise number seven, squat. So, this is just simply you stand basically shoulder-width apart. You can cross your arms. You can put out here. You can do them like this, any kind of way. The main thing is this is a lower body exercise and you just squat down and this is the way you squat, so you can do that. You want to make sure that your knees do not go out in front of your toes and that preserves your knees. Since you're just up and down like this, so squat will help build your lower body.

And exercise number eight are chair dips. No matter where you are, you always have a chair. Kick your feet out, you go down

and up then this is a chair dip and you can do as many of these as you can.

Exercise number nine is the step-up and the step-up is you take a chair or you can use actual steps if you don't want to go with the chair because a chair is rather high. Step up, step down, use your other leg next time up and down. And you do that as many as you can. Those are the first nine.

The newest exercise is the lunge. And with the lunge, you basically put your right foot out, go down on your knees, come up, take your left foot down on your knees, come up and you just walk like this, and that's basically a lunge. Lunges are super good for the lower body. They're very good for helping you to maintain balance.

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One of the things that happens as you get older, your balance is not as good. That's why older people fall so much. If you do activities that help train your balance, you won't fall, or at least you're much less likely to fall. So, when you do lunges, a lunge is what's called a unilateral balancing exercise because you're on one foot. This is bilateral if you're doing jumping jacks. But if you're doing a lunge, you're only on one leg and you just kind of shaky going down. It helps you to balance because you got to go down, you got to catch yourself like this. It helps you, so if you're ever walking and you tripped, that same instinct and training that you've had with a lunge helps to catch you. When you get older, because balance usually goes down, you have a tendency to fall more. Because you have not been doing strength training, your bones are more brittle, which means they break easier. Because you are older, they don't heal as fast.

So, you generally have three things going on that are disadvantageous to you. Your balance is not as good, your bones break easier and they don't heal as fast. When you follow these regimens of working out, it helps keep your balance together, resistance exercises keeps your bone strong and just keeping your whole aerobic condition, you just heal a whole lot fast. People, you don't have to be sick.

We have a God Heals session tonight. Prophet Dexter is the one who'll be conducting God Heals tonight. Prophet Dexter has a

powerful healing anointing, but Prophet Dexter only ever only have to come regarding (00:27:02) I really, really don't. I would rather stay healthy than to try to get back healthy. You do not have to be sick. I want you to get this in your head real clear. "You do not have to be sick. You do not have to be sick." But in order for you not to be sick, you cannot do what the majority of Americans do because the majority of Americans, by the time they hit 50 years old, the majority of Americans are on two medications.

So, you do not have to be sick, but you cannot do what everyone else does if you don't want to be sick. If you don't want to have your immune system compromised, if you don't want to be worried about cancer or heart disease or stroke or diabetes and all of these kind of stuff, if you don't want to be worried about that stuff, you cannot do what everyone else does.

Exercise, medically speaking, is still but number one thing that you can do to prevent you from being sick, it's number one. So, if you keep your body in great shape, it doesn't mean that you won't be sick, but it reduces the probability. And if you do get sick, you won't be as sick and you will recover much faster. So, these are just the purposes of the 10 spiritual exercises. When Paul says, "Brethren, I wish you above all things that you prosper and be in health." Well actually he said even as your soul prosper, that's the main thing.

I'm worried about you getting in heaven more than anything else, but I don't want you to broke down and sick on earth. I want you to have as it is on earth as it is in heaven. I don't believe God wants be just be all in paradise in heaven and just in hell down here, I just don't believe it. I believe God wants his people just like I want my children healthy, but sometimes even as a father and I see my children doing certain things, it just bothers me. But once they get a certain age, they have free will and understand how God feels. And I know God sometimes will look down and some of us and say, "Oh my child, don't you know that's going to makes you up? Don't you know you're going to pay the price for that 5 to 10 years down the road." And as a father, I'll see this sometimes and it vexes my soul, but you have free will.

God didn't want any of his children sick and he will see some of our behavior. That's why when you look to all the 613

commands he gave, a whole lot of them just about what to eat, a whole lot of them because God didn't want his people sick, and when the people only ate what God provided them, there was no sickness among them. When they had nothing but manna, nobody gets sick. Now they still complained because they did want some other that they didn't give a hoop by the fact they weren't sick. They want something else to eat, and often times, we go through these challenges, we go through these tribulations, we go through these struggles, we're doing what we know we should do.

00:30:07

I go through the same challenges with the same issues and even without diet, the number one thing in your diet is water. That's number one. "Pastor, what kind of water is where I need to drink?" Just drink your water straight at the tap. It's better to have tap water than none at all.

Atlanta tap water, we've actually tested it at the plant. Atlanta tap water is not that bad. I'll get you a filter. You need to drink a minimum of 64 ounces of water a day. Most need more than that, but that's just a minimum and you need to drink two liters of water every day. Water is, your body is 80% water. So just start with some of these basic.

Those of you who'd been here to Ark, you've heard these kinds of things over and over and over. But all of us here, we're older than we were last time you heard it. And now it's becoming more critical because the older we get -- basically once you get past 45, stuff go to happening. You all know what I'm talking, stuff go to happening.

So, as you get older, these things become more and more important. And I want all of you to prosper and be in health even as your soul prospers. It was Paul's wish; it is my wish to you. The ten spiritual exercises, is no matter where you are, if you one of those people and you start doing this everyday, it will change your health. It will strengthen you; you will feel better, you will look better and your probability of getting sick with anything drastically decreases. I wish above all things that you prosper and be in health even as your soul prospers.

One of the good things about it, all of the Brothers of the Word are really in real good shape. Pastor C. Elijah works out; he goes to the gym four or five days every week. So, he preaches a lot about the spiritual power and the healing verse. Pastor C. Elijah go to gym. He makes almost a gallon of fresh vegetable juice every week, takes it over to my mother. So much of stuff comes from anointing. My father was like this with health because my father had heart attack at 45 years old. So, he began to study and to learn how to prevent this from happening again and what he could do and how he could train his family. And so much of this stuff it's not just you for those of you who are parents, your children will emulate and follow what you do.

Sometimes with my kids, I see some of the things did vex me, but most of the stuff, I see them following right behind what I'm doing. So, it makes a huge difference. I know, I was talking with Pastor James this morning and I know C. Elijah, he's got two of his daughters who are here, they have or working on advanced degrees. Brilliant, and I didn't realize until this morning, his wife was valedictorian, they didn't have a choice, you understand what I mean? This stuff flows, so what you are is not just you, it's not just you. You will influence everyone who is around you, not just your children.

I've got classmates of mine now who are health addicts because of the way they saw me in college and it changed them. So, it doesn't just necessarily have to be your blood, you influence whoever you're around by what you do. But in particular, you influence those in your own house. So, if you make a change, it's not telling who else is liable to change. Because that's one of the things I've learned about the life and this one is not just about you, it's about who you are sent here to help. And sometimes you can help others just by example, but I see it so strong just with C. Elijah's children, they didn't have a choice because the mama was valedictorian and when mama is valedictorian, that spirit, that intelligence, that habit, it flows and you can't help it. So, there's a power that goes with example.

I want you to turn and look at the person next to you and ask them, "Who's looking at you?" Because I can guarantee you, somebody is, someone is. Who's looking at you? So, when they look at you, what do they see? And if you are over them, if this is your bloodline, there was a strong tendency for them to do and look like exactly what you are.

So, if you want to change your offspring, you change you. You can't just tell them the stuff because they won't listen, you got to show them. They have to see this stuff lived and it sticks in their mind, even when they rebel, "Daddy used to do this." There's some stuff I'm doing right now, not that my daddy ever told, because I just saw my daddy doing it and I saw him doing it over and over and over and over, good and bad.

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I have a struggle being neat because I saw my daddy, he was junky as he could be. I have a struggle with that right now, because I saw my daddy. So unfortunately, his good stuff way outweighs the negative stuff, but I inherited so much just from what I saw. So, who is looking at you? Someone is and not just God, someone in the flesh is looking at you, what example are you showing them? You don't have to speak; just what example are you showing them? Because they see you and they emulate and you reproduce you, and you will reproduce the Christ in you or you will reproduce the rebellion in you. Who is looking at you?

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(Music Playing)

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